

The *of the* **DIETARY GUIDELINES FOR AMERICANS** *Science and Application*

SPECIAL ON-LINE COURSE OFFERING through April 30, 2001 from East Carolina University in Cooperation with the Center for Nutrition Policy and Promotion, USDA.

This on-line course was previously offered for continuing professional education (CPE) credit through East Carolina University. Due to popular request, it has been made available as a self-study course through April 2001. During this time, CPE credit is not available.

This course is designed for nutrition educators, dietitians, and other health care professionals who provide food and nutrition education or counseling to the public. It is especially appropriate for those who wish to understand the science and rationale of the Dietary Guidelines for Americans as national nutrition policy.

This on-line course will present the science supporting the recommendations found in the Dietary Guidelines for Americans, 2000 and application information. It will present the science and rationale for each of the 10 guidelines and explain the ABC framework in which they were grouped to carry the three basic messages of **Aim**, **Build** and **Choose** for better health. Changes from the 1995 version and additional resources will be highlighted. The four web-based course modules include:

- Module #1 - An overview of the background, development, and promotion of the Dietary Guidelines, 2000.
- Module #2 - **Aim** for fitness: focuses on the healthy weight and physical activity guidelines.
- Module #3 - **Build** a healthy base: focuses on pyramid food choices, grains, fruits and vegetables, and food safety guidelines.
- Module #4 - **Choose** sensibly: focuses on fat, sugars, salt, and alcoholic beverages guidelines.

Course instructors:

Kathryn M. Kolasa, PhD, RD, LD. Professor and Section Head, Nutrition Education and Services, the Brody School of Medicine at East Carolina University. Kathy is a recognized medical nutrition educator. She has been recognized by the Society for Nutrition Education with its Career Achievement Award.

Margi L Gallagher PhD. Professor. East Carolina University School of Human Environmental Sciences. Dr. Gallagher is a leader in on-line courses for nutrition.

Nancy W. Gaston, MA, RD. Nutritionist, Nutrition Promotion Staff, USDA/Center for Nutrition Policy and Promotion (CNPP). Nancy is the USDA project coordinator and co-authored the course material with the following Nutrition Promotion staff: Alyson Escobar, MS, RD; Myrtle Hogbin, RD; Sedigheh-Essie Yamini, PhD, RD., and Charlotte A. Pratt, PhD, RD (formerly on staff at CNPP). The Center for Nutrition Policy and Promotion is actively involved with the application and promotion of the USDA/DHHS Dietary Guidelines for Americans and the USDA Food Guide Pyramid.

For additional information on this course, visit: <http://www.ecu.edu/usda/register.htm>